



Fig 1

34                  26                  30                  ↓  
↓                  ↓                  ↓                  36  
Soups                  Burgers

Menu Compatibility		Served with fresh whole grain roll	Menu Compatibility		Includes side item of choice		
B	♥	Buffalo Chili	\$2.95	B	♥	Buffalo Burger	\$5.95
B	♥	Spicy Chicken Gumbo	\$2.95	B		Classic Burger	\$5.95
LC	♥	V Hearty French Onion	\$2.95	B		Peppercorn Burger	\$5.95
	♥	V Red Beans and Rice	\$1.95	V	♥	Veggie Burger	\$5.95
				B	♥	Salmon Burger	\$6.95

## Salads

Served with fresh whole grain roll

B	LC	♥	Ginger Chicken Salad
B	LC	♥	Caesar Salad available with blackened chicken, honey-garlic chicken, salmon
B	LC	♥	Blackened Chicken Salad
B	LC		Thai Peanut Salad with Chickpeas
LC	♥	V	Mixed Green Salad

Menu Compatibility		Includes side item of choice	
B	♥	Buffalo Burger	\$5.95
B		Classic Burger	\$5.95
B		Peppercorn Burger	\$5.95
V	♥	Veggie Burger	\$5.95
B	♥	Salmon Burger	\$6.95

## Salads

Served with fresh whole grain roll

- B LC ♥ Ginger Chicken Salad
- B LC ♥ Caesar Salad
  - available with blackened chicken,  
honey-garlic chicken, salmon
- B LC ♥ Blackened Chicken Salad
- B LC Thai Peanut Salad with Chickie
- LC ♥ V Mixed Green Salad

## Sandwiches

**Includes side item of choice**

Blackened Chicken	\$5.95
Honey-Garlic Chicken	\$5.95
Chipotle Sage Chicken	\$5.95
Salmon Filet	\$6.95
Shaved BBQ Pork	\$5.95

## Wraps

**Includes side item of choice**

		Includes side item of choice
B	♥	Thai Peanut Chicken Wrap
B	♥	Chicken Hummus Wrap
♥	V	Veggie Hummus Wrap
B	♥	Chipotle Sage Pork Wrap
♥	V	Veggie Burrito

Panini

**Includes side item of choice**

Anaheim Pepper and Sun-dried Tomato Panino	\$6.95
Anaheim Pepper and Turkey, Anaheim Pepper and Sun-dried Tomato Panino	\$6.95
Turkey and Cranberry Panino	\$6.95
served with a side of deli mustard	
Jam and Tillamook Cheddar Panino	\$6.95
Roast Beef with Au Jus and Horseradish Panino	\$6.95

## **Side Dishes**

## Entrees

served with side of choice and  
salad or seasonal vegetable

V	♥	Baked Fries	\$2.95				salad or seasonal vegetable	
V	♥	Baked Sweet Potato Fries	\$2.95	B	♥	LC	Honey-garlic chicken Breast	\$7.95
V	♥	LC Coleslaw	\$1.95	B	♥	LC	Chipotle Sage Chicken Breast	\$7.95
V	♥	LC Creamy Coleslaw	\$1.95	B	♥	LC	Chipotle Sage Pork Loin	\$7.95
V	♥	Red Beans and Rice	\$1.95	B	♥	LC	Blackened Chicken Breast	\$7.95
V	♥	LC Green Salad	\$1.95	B	♥	LC	Grilled Salmon Filet	\$8.95
V	♥	Hummus	\$2.95					
V	♥	Whole Grain Roll	\$0.95					
V	♥	Whole Grain Rice with Cranberries and Walnuts	\$1.95				Odds and Ends	

### Odds and Ends

LC B V Extra Cheese \$0.75  
LC B V Fresh Salsa \$0.75

### Symbol Key:

**B= Balanced Protein and**

## Carbohydrates

**LC= Low Carbohydrate**

Fig. 2

Satchel's Grill Menu: Items Listed by Diet Type

<u>Pritikin Compliant</u>		<u>Body for Life Compliant</u>	
Buffalo Chili	\$2.95	Buffalo Chili	\$2.95
Spicy Chicken Gumbo	\$2.95	Spicy chicken Gumbo	\$2.95
Red Beans and Rice	\$2.95		
Hearty French Onion Soup	\$2.95	Ginger Chicken Salad	\$5.95
		Caesar Salad with Chicken	\$5.95
		Thai Peanut Salad	\$5.95
Ginger Chicken Salad	\$5.95		
Caesar Salad	\$2.95	Chicken Hummus Wrap	\$5.95
Blackened Chicken Salad	\$5.95	Chipotle Sage Pork Wrap	\$5.95
Thai Peanut Chicken Wrap	\$5.95	Buffalo Burger	\$5.95
Chicken Hummus Wrap	\$5.95	Classic Burger	\$5.95
Veggie Burrito	\$4.95	Peppercorn Burger	\$5.95
		Salmon Burger	\$6.95
Buffalo Burger	\$5.95		
Veggie Burger	\$5.95		
Salmon burger	\$6.95		
<u>Atkins Compliant</u>		<u>Zone Compliant</u>	
Hearty French Onion Soup	\$2.95	Hearty French Onion Soup	\$2.95
Ginger Chicken Salad	\$5.95	Ginger Chicken Salad	\$5.95
Caesar Salad	\$2.95	Caesar Salad	\$2.95
Thai Peanut Salad	\$5.95	Thai Peanut Salad	\$5.95
Chicken Breast Entrée	\$6.95	Chicken Breast Entrée	\$6.95
Blackened Chicken Entrée	\$6.95	Blackened Chicken Entrée	\$6.95
Salmon Filet Entrée	\$6.95	Salmon Filet Entrée	\$6.95

**Fig. 3**

## Low Carbohydrate Diet

All items on this menu are consistent with a low carbohydrate diet such as the Atkins diet.

### Soups

Hearty French Onion	\$2.95
Ginger Chicken Salad	\$5.95

### Salads

Caesar Salad	\$2.95
available with blackened chicken, honey-garlic chicken, salmon	\$5.95
Blackened Chicken Salad	\$5.95
Thai Peanut Salad with Chicken	\$5.95
Mixed Green Salad	\$1.95

### Entrees

Chipotle Sage Pork Loin	\$5.95
Buffalo Burger	\$5.95
Classic Burger	\$5.95
Peppercorn Burger	\$5.95
Salmon Burger	\$6.95

Burgers and Sandwiches served without  
bread or bun

### Side Dishes

Coleslaw	\$1.95
Creamy Coleslaw	\$1.95
Extra Cheese	\$0.75
Fresh Salsa	\$0.75

### Beverages

Espresso	\$1.25
Doppio	\$1.50
Fresh Coffee	\$1.00

**Fig. 4**

## Heart Friendly Diet

### Soups

Served with fresh whole grain roll

Buffalo Chili	\$2.95
Spicy Chicken Gumbo	\$2.95
Hearty French Onion	\$2.95
Red Beans and Rice	\$1.95

### Salads

Served with fresh whole grain roll

Ginger Chicken Salad	\$5.95
Caesar Salad	\$2.95
available with blackened chicken, honey-garlic chicken, salmon	\$5.95
Blackened Chicken Salad	\$5.95
Thai Peanut Salad with Chicken	\$5.95
Mixed Green Salad	\$1.95

### Wraps

Includes side item of choice

Chicken Hummus Wrap	\$5.95
Veggie Hummus Wrap	\$5.95
Chipotle Sage Wrap	\$5.95
Veggie Burrito	\$5.95

### Burgers

Includes side item of choice

Buffalo Burger	\$5.95
Veggie Burger	\$5.95
Salmon Burger	\$6.95

### Sandwiches

Includes side item of choice

Blackened Chicken	\$5.95
Honey-Garlic Chicken	\$5.95
Chipotle Sage Chicken	\$5.95
Salmon Filet	\$6.95
Shaved BBQ Pork	\$5.95

### Panini

Includes side item of choice

Anaheim Pepper and Sun-dried Tomato Panino	\$6.95
Turkey, Anaheim Pepper and Sun-dried Tomato Panino	\$6.95
Turkey and Cranberry Panino	\$6.95

served with a side of deli mustard

### Beverages

Wine (by the glass)	\$3.95
Bottled Tea or Juice	\$1.75
Espresso	\$1.25
Doppio	\$1.50
Cappuccino	\$1.75
Latte	\$1.95
Mocha	\$1.95
Fresh Coffee	\$1.00

Fig. 5

Balanced Protein and  
Carbohydrate Diet

Soups

Buffalo Chili	\$2.95
Spicy Chicken Gumbo	\$2.95

Salads

Served with fresh whole grain roll	
Ginger Chicken Salad	\$5.95
Caesar Salad	\$2.95
available with blackened chicken, honey-garlic chicken, salmon	
Blackened Chicken Salad	\$5.95
Thai Peanut Salad with Chicken	\$5.95
Mixed Green Salad	\$1.95

Wraps

Thai Peanut Chicken Wrap	\$5.95
Chicken Hummus Wrap	\$5.95
Veggie Hummus Wrap	\$5.95
Chipotle Sage Wrap	\$5.95

Burgers

Buffalo Burger	\$5.95
Classic Burger	\$5.95
Peppercorn Burger	\$5.95
Veggie Burger	\$5.95
Salmon Burger	\$6.95

Sandwiches

Blackened Chicken	\$5.95
Honey-Garlic Chicken	\$5.95
Chipotle Sage Chicken	\$5.95
Salmon Filet	\$6.95
Shaved BBQ Pork	\$5.95

Items on this menu are consistent with balanced diets such as the Zone diet, or the Body for Life diet.

Panini

Turkey, Anaheim Pepper and Sun-dried Tomato Panino	\$6.95
Turkey and Cranberry Panino	\$6.95
served with a side of deli mustard	
Ham and Tillamook Cheddar Panino	\$6.95

Roast Beef with Au Jus and Horseradish Panino	\$6.95
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Entrees

served with side of choice and salad or seasonal vegetable	
Honey-garlic chicken Breast	\$7.95
Chipotle Sage Chicken Breast	\$7.95
Chipotle Sage Pork Loin	\$7.95
Blackened Chicken Breast	\$7.95
Grilled Salmon Filet	\$8.95

Side Dishes

Baked Fries	\$2.95
Baked Sweet Potato Fries	\$2.95
Coleslaw	\$1.95
Creamy Coleslaw	\$1.95
Red Beans and Rice	\$1.95
Green Salad	\$1.95
Hummus	\$2.95
Whole Grain Roll	\$0.95
Whole Grain Rice with Cranberries and Walnuts	\$1.95

Beverages

Espresso	\$1.25
Doppio	\$1.50
Cappuccino	\$1.75
Latte	\$1.95
Mocha	\$1.95
Fresh Coffee	\$1.00
Bottled Tea or Juice	\$1.75

Fig. 6

## Vegetarian Diet

### Soups

Served with fresh whole grain roll

Hearty French Onion	\$2.95
Red Beans and Rice	\$1.95

### Salads

Served with fresh whole grain roll

Caesar Salad	\$2.95
Mixed Green Salad	\$1.95

### Wraps

Includes side item of choice

Veggie Hummus Wrap	\$5.95
Veggie Burrito	\$5.95

### Burgers

Includes side item of choice

Veggie Burger	\$5.95
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### Panini

Includes side item of choice

Anaheim Pepper and Sun-dried Tomato Panino	\$6.95
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### Side Dishes

Baked Fries	\$2.95
Baked Sweet Potato Fries	\$2.95
Coleslaw	\$1.95
Creamy Coleslaw	\$1.95
Red Beans and Rice	\$1.95
Green Salad	\$1.95
Hummus	\$2.95
Whole Grain Roll	\$0.95
Whole Grain Rice with Cranberries and Walnuts	\$1.95

### Beverages

Draught Beer	\$3.00
Bottled Beer	\$2.50
Wine (by the glass)	\$3.95
Fountain drinks	\$1.50
Bottled Tea or Juice	\$1.75
Espresso	\$1.25
Doppio	\$1.50
Cappuccino	\$1.75
Latte	\$1.95
Mocha	\$1.95
Fresh Coffee	\$1.00

Fig. 7